



MRS. SHIVANI DESHMUKH

Lead Specialist – Physiotherapy

Qualification

B.P.Th | MSRS | Cert. Clinical Geriatric specialist (CCGS)

Overview

Ms Shivani Deshmukh is a compassionate physical therapist with more than 10 years of experience in patient assessment, diagnosis, and rehabilitation planning across India, Dubai and the USA. She is specialised in neurological rehabilitation with a focus on holistic, patient-centred care. Ms Deshmukh is recognised for her empathetic, flexible, and service-oriented approach and values. Ms Shivani has completed her MS in Rehabilitation Science (USA) graduating with highest score and Bachelor of Physiotherapy (India) with academic research and presentations on Anticipatory postural Control and stabilization. She has also done her certification as a Clinical Geriatric specialist from USA. She has extensive experience of patients Neuro-rehabilitation with OPD and IPD as well as hospital based consultation. Her treatment protocols are based on international evidence-based practice and manage patients with progressive neurological disorders like Parkinson's Disease, spinal cord injury, traumatic brain injury and rare neuro-degenerative disorders while gaining exposure on adult, Geriatric and paediatric rehabilitation in both India and US. She has the experience of running a large rehabilitation centre, with the most

advanced gadgets like 'gait lab' at Chitrakoot (MP), catering to the underprivileged population on a charitable basis.

Field of Expertise

- Assessment, planning & execution of treatment protocols for patients with gait and balance impairment.
- Incorporating evidence-based treatment plans with emphasis on regaining functional independence.
- Assessing fall risks and teaching fall prevention strategies.
- Specialized rehab protocols for patients with SCI, TBI, progressive neurological disorders like Parkinson's D, Multi-System Atrophy,
- Multiple Sclerosis, Spino-Cerebellar Ataxias etc.
- Functional & Activity-Based Therapy
- Multidisciplinary approach
- Patient Communication & Assessment Skills
- Research Orientation and Clinical Documentation

Languages Spoken

- English
- Hindi
- Marathi

Awards & Achievements

- Set-up a charitable neuro-rehabilitation centre that is better than any corporate hospital in India.
- Presented a paper on 'Anticipatory postural control in children with Cerebral Palsy' at Concordia University, Wisconsin.
- Poster presentation on 'Effect of shoulder stabilisation

- exercises on pain due to Shoulder Impingement Syndrome: A systematic review and Meta analysis'

Talks & Publications

- Research on- Development and validation of a Comprehensive Balance Scale
- Research on- Gait Lab analysis for Parkinson's disease (festination and freezing)
- Research on- Study of Yogic stances and centre of mass dynamics
- Published a case report on- Primary Progressive Freezing Gait (PPFG): Modified Cue-Based Strategy from a Rural Centre - Movement Disorders Clinical Practice, 2023